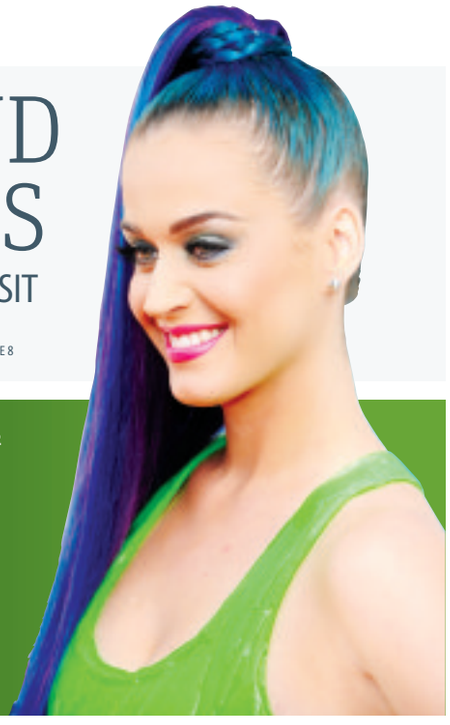
Seriously great Shakes

Heading into a sold-out tour with a buzzed-about debut album, even Alabama Shakes can't believe their unexpected good fortune PAGE 7

LOST IN THE BRAND SCHEME OF THINGS

PERRY REPORTEDLY PINING FOR HER EX AFTER A VISIT TO INDIA WHERE THE PAIR GOT HITCHED IN 2010 PAGE 8



REGIONAL metro®

Thursday, April 19, 2012

News worth sharing.

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'PINBALL' BIZ WHIZ

Former CFL star running back, vice-chairman of the Toronto Argonauts and CFL Hall of Fame inductee Michael "Pinball" Clemons gave a talk at the Canadian Pension and Benefits Institute Regional Conference at the Hotel Saskatchewan Radisson Plaza on Wednesday. This year's regional conference, Insight and Intrigue, focused on the challenges and opportunities facing the pension and benefits industry. CARRIE-MAY SIGGINS/METRO

Provinces set to fill health-care void, Wall says

No federal guidelines. Premier sees this as an opportunity to strengthen authority in provincial capitals

The provinces are ready and willing to fill the void left by the federal government in reforming Canada's health-care system, says Premier Brad Wall.

The starting point is for provinces to share their best ideas about how to improve health care and save money, then develop a common understanding of the future of health care for the entire country, Wall said in an interview.

"By sharing best practices (and) working together to establish 'scope-of-practice' concepts and guidelines for standards of care, we are going to get to some national answers. Some more pan-Canadian answers," he said after discussing his province's health-care innovations at a conference in the Ottawa area.

Provincial governments, acting together, "will fill the void."

The federal government took the country by surprise last December when it announced a 10-year funding plan for health care, but did not attach any strings or policy guidelines to the spending of the money.

While some of the provinces have grumbled about the amount of money, the most common complaint from critics has been about the lack of federal involvement in driving much-needed health-care reform.

They fear that as provinces try to cut costs and balance the books, health-care standards will erode, leading to a patchwork of public and private health services across the country and a deterioration of quality.

But Wall says the health-care move is only the latest sign of devolution of power to the provinces. The provinces, he says, are up to the task.

"For Saskatchewan, that's not a bad thing. We think that provinces are that one step closer to the public who are demanding these public goods. It's not necessarily a bad thing that more authority and influence rests with the provincial capitals."

For health care, premiers have already agreed to a process that should begin to yield concrete results when they meet again in July, Wall said.

Wall and Prince Edward Island Premier Robert Ghiz are leading the reform process, starting with health innovation, and then moving on to scope of practice — making sure doctors, nurses and experts use their skills to their full potential — and then the cost of human resources.

Wall is also advocating for the Saskatchewan practice of setting out firm targets and time-lines to diminish wait times. THE CANADIAN PRESS

Capitalizing on an opening

"For Saskatchewan, that's not a bad thing ... that more authority and influence rests with the provincial capitals."

Premier Brad Wall

Our traffic may not rush, but it does peak

Part 3 of our Driving series looks at the city's unique 'rush hour' PAGE 2

Cultural icon Dick Clark dead at 82

Promoter brought rock 'n' roll into the mainstream on American Bandstand PAGE 3

First Nations child welfare to get hearing

Federal Court clears the way for funding shortfall to be challenged PAGE 3

This one's for the birds

Scientific paper boasts of the discovery in southwest Saskatchewan of a new species of prehistoric bird PAGE 2

1 NEWS

On the web

Taking a hot shot at the sun

NASA has released photos and video footage of a glowing red loop of plasma erupting from the sun's surface on Monday. Watch at metronews.ca

On the horns of a historical dilemma

Ever wonder who came up with the genius idea that Vikings should wear hats with horns? Turns out, probably no one (well, maybe poets and artists). Watch as this and other historical misconceptions are set straight at metronews.ca.

Mobile news

A 'monster' international drug bust nabbed more than 43 tonnes of hash, says the RCMP. The estimated $860 million worth of hash destined for Halifax and Montreal was found in several countries, including Pakistan, Belgium, Italy and Canada. Scan the code for the story.

Stats Can

New construction record set

According to a report released by Statistics Canada Wednesday, Saskatchewan's non-residential construction industry has set a new record for the first quarter of 2012.

In the first three months of 2012, construction totaled $407.4 million, a 7.6 per cent increase over the same period in 2011. In terms of percentage change, Saskatchewan ranked second among the provinces.

"Our companies, the non-residential and the industrial commercial sites, have been extremely busy," said Michael Fougere, city councilor for Ward 4 and the president of Saskatchewan Construction Association. "Frankly we're seeing the whole spectrum of the economy seeing investment in building."

CARRIE-MAY SIGGINS/METRO

Shelterbelt

Tree program needed: Minister

Saskatchewan's agriculture minister says there is still a need for the shelterbelt tree program.

Bob Bjornerud said Wednesday that he'll tell federal Agriculture Minister Gerry Ritz how important the service is when Canada's agriculture ministers meet Friday in Ottawa.

"It's just a way of life out there," said Bjornerud.

"You don't have a house out on the open prairie. Very seldom do you see that where there isn't a nice shelterbelt around it or if there isn't, they're working on it if it's a new yard site. It's important out there that you have those trees."

THE CANADIAN PRESS

Typical cross-section of a block between Pasqua and Angus streets. GRAPHIC COURTESY CITY OF REGINA

Regina's unique 'rush hour' studied

Driving Series 3. New master plan to consider all major transit choices

M.E. POWELL
regina@metronews.ca

As in most cities, Regina's urban planners make decisions about road maintenance to meet "peak hour" traffic needs.

"We don't necessarily call it 'rush hour,' but they're based on peak-hour projections," says Shanie Leugner, manager of infrastructure development.

But Regina experiences "rush hour" differently than other major cities.

"There's not really a one-hour 'rush hour' typical in other cities," Leugner says, "just because we don't have the traffic volumes here."

There's a peak half-hour, she says, and in most areas it occurs from 4:45 about 5:30 p.m.

But different parts of the city experience peak time differently.

"For instance, if you went to Quance Street, you'd find that probably it's pretty quiet most of the time except Saturdays.... Other streets, you'll find your peak hour time is on a weekday at five."

Past studies have looked at peak hours and volumes for different areas, and whether a road can meet that peak demand. If it doesn't, it's flagged for work.

Leugner says this method can create an "over-designed system," with more capacity than it needs for 23 hours of the day, but it's the method currently used in Regina.

Sharla Cote, project manager for the new transportation master plan, agrees. "It's what lanes are widened for, and roads are extended for," she says. "And so if we can identify ways to encourage people to try different options during that time, it helps everyone."

The plan will consider four main options, including driving, cycling, walking, and transit. Under the city's 10-year-old cycling plan, for example, five streets in the city have bike lanes already. These include McCarthy Boulevard, Wascana Parkway, Lorne Street, Smith Street and Assiniboine Avenue. Some of these are shared-use, others are bike-only lanes.

"Basically you make the bike path fit what the needs for that road are," Cote explains, "and what is physically possible. That's usually the biggest constraint. Some roads are just too narrow to provide that dedicated bikes-only lane without doing something significant, like removing parking or removing a driving lane."

As for walking, that's more of a policy decision for the city, Cote adds. Under the policy, the city considered areas where sidewalks are missing, and prioritizes these areas in order to encourage walking.

The transportation master plan will consider all of these factors, providing a policy and planning document to influence political decisions.

"People who want to talk about potholes? They might not be satisfied with this process because that's too fine a level of detail," Cote adds. "That's operational. But this is a policy-and-planning document that will make the big decisions for the next 25 years."

Quotable

"This is a policy and planning document that will make the big decisions for the next 25 years."
Sharla Cote, project manager

Discovery. Prehistoric bird found in province

They lived on the water, were a little smaller than a loon, and rows of sharp teeth lined their beaks. And, unlike their cousins, they could spread their wings and lift off into the air.

No, they aren't a mutation of the gulls that have taken over Wascana Lake. In a paper released by the journal Palaeoworld, Tim Tokaryk, curator of Paleontology of The Royal Saskatchewan Museum (RSM), and two co-authors have announced their discovery of a new family of prehistoric birds.

Named Brodavidae, the discovery includes a new genus — Brodavis — and four new species. Found in Grasslands National Park in southwest Saskatchewan, these bird fossils are about 65 million years old and have also been discovered in the U.S. and Mongolia.

Artist rendering of Brodavis.
COURTESY ROYAL SASKATCHEWAN MUSEUM

CARRIE-MAY SIGGINS/METRO

Island Falls. Program to place Sandy Bay grads with SaskPower

Four graduates of Sandy Bay's Hector Thiboutot Community School in Southern Saskatchewan will be eligible for term employment with SaskPower, according to a news release issued by the company.

The new grads will be offered a 14-month term to work for SaskPower's Island Falls Hydroelectric Station, on the Churchill River.

"This period of work experience hopefully provides an opportunity for graduates to look at SaskPower for positions and career opportunities," Rob Norris, minister in charge of SaskPower told Metro.

By the numbers

14

Number of months the recent graduates will be placed with the company.

"We hope it may also help them look at education possibilities to lead them on a career path wherever it may lead."

The details of the program are still being worked out, such as what criteria would be asked of students and what jobs might be available. SaskPower is meeting with the school next week to discuss the details.

Construction on the Island Falls to Key Lake Transmission Line, which if approved will stretch from Sandy Bay to Wheeler River, will begin on September 2012, and Norris says jobs on the line won't be ruled out. But he denies graduates will be sent to dig ditches.

"The idea of this program is to advance the career prospects of young graduates. So we'll place them where their interests are, in jobs that will advance them professionally."

CARRIE-MAY SIGGINS/METRO

Khadr transfer from Guantanamo in Ottawa's hands

Diplomatic favour. Sources suggest U.S. hopes to speed transfer of prisoner back to Canada

Convicted Canadian war criminal Omar Khadr, who became a poster child for the excesses of the war on terror, is a significant step closer to leaving Guantanamo Bay with a formal request for his transfer to Canada now in Ottawa's hands.

But diplomatic wrangling persisted, with one source suggesting the Americans were "desperate" to send Khadr home, and that a reluctant Canadian government was essentially being strong-armed into taking him.

According to the source, the Americans are "bending over backwards" to ensure Khadr's exit from Guantanamo Bay and would have to "bend their way around a number of their own rules" to make that happen.

Convicted war criminal Omar Khadr. FILE PHOTO|THE CANADIAN PRESS

"The U.S. needs to get rid of this guy for their own reasons," said one source familiar with the file.

A spokeswoman for Public Safety Minister Vic Toews confirmed on Wednesday that the federal government was considering the request to take him off U.S. hands, which sparked an outpouring of mostly anti-Khadr reaction among Canadians.

Mark Toner, spokesman for the U.S. State Department, acknowledged Wednesday that Washington wanted to empty Guantanamo's cells and that the government had approved Khadr's transfer.

Khadr, 25, was eligible to return to Canada from Guantanamo Bay last October under terms of a deal reached a year earlier in which he pleaded guilty to five war crimes committed in Afghanistan as a 15-year-old.

Prime Minister Stephen Harper's government has been reluctant to accept Khadr and diplomatic arm-twisting over his transfer has continued.

THE CANADIAN PRESS

Funding shortfall. New hearing ordered for First Nations child welfare

A new Federal Court ruling on child welfare clears the way for First Nations to challenge federal funding for education, policing and health care, says the Canadian Human Rights Commission.

The court handed First Nations groups and child-welfare advocates a victory on Wednesday, ordering a new hearing into whether Ottawa is discriminating against native children.

The ruling rejected the federal government's technical attempts to prevent First Nations groups from arguing for better funding for child welfare on reserves.

"This is an important victory, not only for the First Nations who are involved in the case...," acting human rights commissioner David Langtry said in an interview.

First Nations groups say Ottawa is discriminating against native kids because the support the feds provide for child welfare on reserves is much lower than what kids off reserves get from provincial governments — even though the need is greater.

THE CANADIAN PRESS

A boy from Cat Lake First Nation in northern Ontario lounges in the bright spring sun on April 13. HEATHER SCOFFIELD/THE CANADIAN PRESS

Tori Stafford trial

Accused made Facebook post on day of murder

Hours before eight-year-old Victoria Stafford was abducted, allegedly sexually assaulted and killed, the man accused in her death bragged online that good things were coming his way.

Michael Rafferty had taken to Facebook to post an upbeat status message, the court heard.

"Everything good is coming my way," he wrote. THE CANADIAN PRESS

Elephant fallout

Toronto Zoo loses accreditation

After more than three decades, the Toronto Zoo has been denied accreditation by the Association of Zoos and Aquariums.

The zoo is still able to operate but has lost the approval of the association, after a controversial decision to ship three of the zoo's elephants to a sanctuary in the United States.

THE CANADIAN PRESS

Texas nurse charged in killing, baby abduction

In this undated family snapshot Kala Marie Golden, right, with her two sons. Golden was murdered and her 3-day-old baby abducted outside a pediatric clinic on Tuesday. THE ASSOCIATED PRESS FILE

A Texas woman accused of killing a young mother and abducting her three-day-old boy had suffered a miscarriage and intended to "adopt" the newborn as her own, authorities said Wednesday.

Verna McClain, 30, is charged with capital murder after confessing to killing the new mother and grabbing tiny Keegan Golden from outside a pediatrician's office in suburban Houston. Keegan was found unharmed hours later with McClain's sister.

The Montgomery County sheriff's office said Wednesday that McClain - estranged from her husband, with whom she had raised three children - had told her fiance she was pregnant and had given birth to his child. Instead, McClain had miscarried, Capt. Bruce Zenor said.

McClain's sister, Corina Jackson, told authorities that she had talked about needing to "do the adoption" soon after taking Keegan.

Her fiance, who was not identified Wednesday, is being interviewed by authorities.

Sheriff Tommy Gage said Kala Golden had placed Keegan into her pickup truck Tuesday afternoon after leaving Northwoods Pediatric Center in Spring, about 32 kilometres north of Houston. The suspected shooter was parked next to her, Gage said.

During the confrontation, the woman repeatedly shot Golden, then snatched the child from her truck and drove away, according to witness accounts. The dying woman leaned into the vehicle and tried to take the boy back, screaming, "My baby!" but her attacker sped off.

McClain is a vocational nurse, a job that involves providing basic nursing services under the direction of registered nurses and doctors. She does not work at the pediatric centre, according to a clinic receptionist, Jackie Longoria.

THE ASSOCIATED PRESS

Police tipped off

Two detectives spotted a vehicle on Tuesday outside a nearby apartment complex that matched witnesses' descriptions.

- **Investigators said McClain's statements included only information the shooter would know.**
- **Police allege McClain's plan was to kidnap any child and that Golden was simply a convenient target.**

The oldest teenager

Television icon Dick Clark dies

Dick Clark, the ever-youthful television host and tireless entrepreneur who helped bring rock 'n' roll into the mainstream on "American Bandstand," and later produced and hosted a vast range of programming from game shows to the New Year's Eve countdown from Times Square, has died. He was 82.

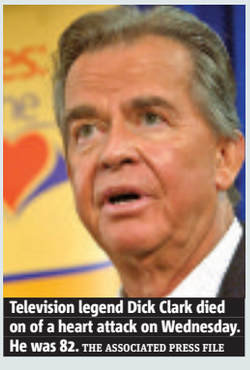
Spokesman Paul Shefrin said Clark had a heart attack Wednesday morning at Saint John's hospital in Santa Monica, where he had gone the day before for an outpatient procedure.

Clark had continued performing even after he suffered a stroke in 2004 that affected his ability to speak and walk.

Long dubbed "the world's oldest teenager" because of his boyish appearance, Clark bridged the rebellious new music scene and traditional show business, and equally comfortable whether chatting about music with Sam Cooke or bantering with Ed McMahon about TV bloopers.

He thrived as the founder of Dick Clark Productions, supplying movies, game and music shows, beauty contests and more to TV. Among his credits: "The $25,000 Pyramid," "TV's Bloopers and Practical Jokes" and the American Music Awards.

THE ASSOCIATED PRESS



Television legend Dick Clark died on of a heart attack on Wednesday. He was 82. THE ASSOCIATED PRESS FILE

White House apology

U.S. troops posed for photos with insurgent corpses

The White House and the Pentagon voiced regrets Wednesday for newly published photographs that purport to show U.S. troops posing with the bodies of dead insurgents in Afghanistan, with Defence Secretary Leon Panetta calling them a violation of America's "core values."

"My apology is on behalf of the Department of Defence and the U.S. government," Panetta told a news conference following a NATO meeting in Brussels. It was the latest in a series of recent Afghan battlefield embarrassments for the United States, and it came at a time when Washington is still working with President Hamid Karzai in Kabul to smooth over strained relations.

THE ASSOCIATED PRESS

Canada becoming a net loser in oil-price increases: BoC

Crude costs. Oversupply and capacity contributing to undervaluing of western Canadian oil, Bank of Canada says

The Bank of Canada says Canadians are losing out on the run-up in world oil prices, which is impacting everything from business-input costs to consumer spending and inflation.

In a new analysis of the current makeup of crude prices, the central bank said Wednesday that Canada has been importing high-priced Brent crude pumped in the North Sea and exporting lower-priced oil from Alberta since January, negatively impacting overall trade.

"The increase in the price of our oil imports raises production costs for Canadian firms and also puts upward pressure on gasoline prices, since about half of the gasoline purchased in Canada is produced using refined petroleum priced off Brent," the bank said in a statement.

Price gap

- For more than a year, the gap has been widening between the price of the Brent oil Canada imports from the world and the price of West Texas Intermediate (WTI) oil paid to Canadian producers.
- The difference now stands at about $20 a barrel. Furthermore, some Canadian crudes are priced even lower at the Western Canada Select rate, which is now about $20 below WTI.

That puts downward pressure on Canada's real gross domestic income, dropping the country's spending power to buy foreign goods and services, the bank said. In turn, it also dampens spending on domestically produced goods and services.

Increases in oil prices are usually beneficial to Canada because the country exports more than it imports, with the resulting gain in real income from exports more than offsetting cost increases for businesses and consumers who must fill up at the pump.

"This is why the recent evolution of oil prices since January has been unfavourable for Canada," the bank said in its Monetary Policy Review, noting that about half of the gasoline purchased in Canada is more closely tied to the higher-priced Brent supply.

THE CANADIAN PRESS

Ahead of the Curve

Bollywood actress Katrina Kaif displays Research In Motion's new low-priced BlackBerry Curve 9220 at a launch in New Delhi on Wednesday. RIM hopes the new model will attract users in India's thriving telecom market. The smartphone's appeal rests heavily on its use as a social media device, rather than on the security and email features that have attracted more business-minded customers in the past. The new device comes after reports earlier this month said RIM has agreed to give the Indian government access to private instant messages from users, though the company has so far refused to comment.

SAURABH DAS/THE ASSOCIATED PRESS

Supreme Court

Conrad Black scores legal win

The Supreme Court of Canada has paved the way for disgraced media mogul Conrad Black to pursue a series of libel lawsuits in the province of Ontario. But it's likely those cases will never be heard. That's because Black and his legal opponents, former associates at Hollinger International and their adviser, Richard Breeden, are in the process of finalizing an out-of-court settlement of the suits.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.88¢ US (-0.11¢)

TSX 12,128.89 (-8.05)

OIL $102.67 US (-$1.53)

GOLD $1,639.60 US (-$11.50)

Natural gas: $1.951 (No change)
Dow Jones: 13,032.75 (-82.79)

Canadian high-tech watchmaker raises $4.5M

The Pebble watch. HANDOUT

Of the more than 50,000 ideas that have been pitched on the crowd-funding website Kickstarter, seeking financial support for a new product, none have struck a chord with the web community more than the born-in-Canada Pebble.

It's a sleek, futuristic-looking wristwatch that wirelessly connects to your smartphone — either an iPhone or Android device — and displays Caller ID information for incoming calls, emails, Facebook and Twitter messages, or calendar and weather alerts. And, of course, the watch also displays the time, with a number of digital faces to choose from.

Vancouver-born Eric Migicovsky and the rest of the team behind Pebble hoped to raise $100,000 on Kickstarter to help launch the watch commercially.

They sought pledges ranging from a minimum of $99 for one of the very first watches off the production line, up to a contribution of $10,000 for a "mega distributor pack'" of 100 watches.

The team had a little over a month to raise the money before their Kickstarter pitch expired. Incredibly, $100,000 was raised in just two hours. It took 28 hours to exceed their target by 10 times, hitting the million-dollar milestone, and interest in Pebble hasn't slowed since.

Just over a week into the campaign, the Pebble has attracted interest from more than 31,000 backers for a total of more than $4.5 million raised — a new Kickstarter record. And just about every minute of the day, new orders continue to pour in.

THE CANADIAN PRESS

FOR A VIDEO OF THE PEBBLE, VISIT METRONEWS.CA

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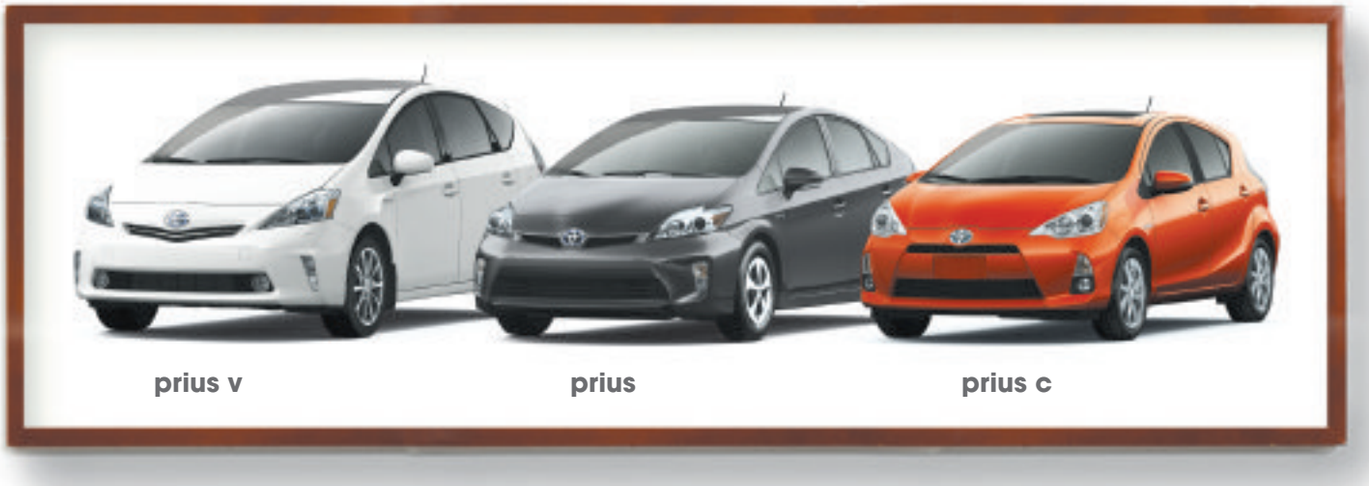

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

UN-'BEAR'-ABLE EPIDEMIC

HE SAYS... John Mazerolle metronews.ca/hesays

LOOK OUT! A BEAR!

If you're not already playing dead, you need to read this article. If one of your fellow transit passengers read this and is curled up on the bus floor, leave them there. They did the right thing.

Did you know that 90 per cent of the bear maulings that happen on public transit are preventable? It's true.

How do I know so much? Well, I love spending time in the Canadian wilderness, where the weather is unpredictable, deadly wildlife is everywhere, and several of the hostels have Wi-Fi that only works, like, half the time. So I know about roughing it.

Just saying

I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

I've even hiked in the majestic Rocky Mountains. (They're inevitably described that way because, like royalty, they serve no practical purpose.) In the Rockies, you can't help but appreciate life to the fullest, because residents constantly remind you that it could end at any moment.

Every time you turn around, someone is reminding you that you're in "bear country," which unilaterally seceded from Canada in 1994. "Hello, and welcome to the Stay-a-While Inn," they'll say, "where we haven't had a bear mauling in 26 minutes. You're in room 122. Please be advised, there is a bear warning in your bathroom."

And bear country is growing. I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

But you might not be so lucky. Bears wandering in suburbs will become more common with climate change (i.e. bears can't afford downtown condos in this economic climate), so you'd best be prepared.

Here's what you need to know:

- Watch closely for signs that a bear might be nearby. These include hats, bow ties, neckties, and stolen pic-a-nic baskets. Also, ranger carcasses.
- LOOK OUT! Did you play dead this time? (Bonus tip: This also works in human relationships.)
- Sometimes playing dead doesn't work and it's better to fight back. The rule of thumb is that if a bear's putting a big sprig of parsley on your back, he's not buying it.
- Unless you've spent the last 10 years investing money in RIM, don't run. Bears can run at high speeds for long periods of time. And if you do start to get away, they'll just jump on one of those bicycles they always ride, while their trainer applauds them on.

And those are my tips. I hope you found them helpful.

OK, you can get up now. Unless there's a bear. In which case, feed it someone walking and texting. Everybody wins.

Gasp! A bear! DAN KITWOOD/GETTY IMAGES

New York City comes full circle

RANDY SCOTT SLAVIN /REX FEATURES /RANDYSCOTTSLAVIN.COM

Spin city

Surreal landscape photo

For American photographer and filmmaker Randy Scott Slavin, it's a topsy-turvy world out there, full of "wonder and different perspectives." For his Alternate Perspective photo series, the 34-year-old New Yorker travelled across America turning everyday surroundings into surreal landscapes.

METRO

A picture is worth...

100

individual images of a scene are used to build up a 360 degree photo. Then, using computer software, Slavin stitches them together to make a stereographic projection. Battery Park Night (above) was 35 photos, each with an exposure time of three seconds.

60 seconds

Randy Scott Slavin

Mesmerizing images — what inspired you?

Growing up, I was always inspired by the surreal, disorientating artwork of M.C. Escher. But overall I'm motivated by seeing the world in a whole new perspective.

What was your biggest challenge in this art project?

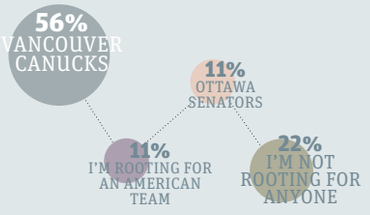
It wasn't so much that I needed to take many photographs of the one scene as capturing it all many times with the constantly changing light. Also, standing outside in freezing winter air was not a pleasant experience.

ANTHONY JOHNSTON

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which Canadian team are you rooting for in the NHL playoffs?



Twitter

@TradebankRegina: #Regina #YQR Anyone know a good tree removal company? I need just one right now to send a bunch of new business to! Thanks

@GymStarProShop: Thanks @22Fresh for the great presentation @Sype_Regina luncheon #yqr

@emma_graney: Remember, #YQR people, @reginapolice will be out for the next couple of days busting y'all if you're on your cellphone http://t.co/Sern2k8r

@katemthornton: "@bryn_robertson: What's a good shoe repair place? #yqr" capital shoe repair on hamilton :)

@SKBookAwards: Aspiring writer? Lit-a-holic? Interested in champagne receptions and galas? Come to ours! The SBA Galas are April 28th in #YQR!

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The Alabama Shakes, from left, Heath Fogg, Zac Cockrell, Brittany Howard and Steve Johnson pose for a photograph during the SXSW Music Festival in Austin, Texas. JACK PLUNKETT/THE ASSOCIATED PRESS

Alabama Shakes taking off on an unexpected magic carpet ride

Debut album. Boys & Girls getting lots of attention from the music industry, critical acclaim from media across the planet

Brittany Howard already had her life planned out by the time she hit her 20s, and it didn't include any of this.

The lead singer of Alabama Shakes, rock 'n' roll's newest phenomenon, already had a good job delivering mail and hoped to hold onto it. Like many folks reared in the rural South, she didn't expect much more. Maybe she could carve out a little happiness with a husband and some kids.

"Where we're from, playing music and just playing music is not an avenue to take," Howard said. "It's not an option. Because like, where we're from, most of the people, they've tried their best to get the best job they can and then they stay with that job until they can retire. So music was just kind of like our hobby. It was something we would do to release at the end of the day or still feel like human beings."

Quote

"Where we're from, playing music and just playing music is not an avenue to take."

Brittany Howard
On their road to success

In less than a year, all that has changed and her quartet from Athens, Ala., has become a success story so unlikely even the band's manager calls it "an anomaly." Maximum buzz has preceded the Shakes' debut album Boys & Girls with sold-out tours of the United States and Europe, fawning media coverage and an endless string of surprises.

Howard, 23, sat down for a morning interview early in the band's overstuffed run through the South By Southwest Music Festival last month.

The band rented a house in a tony section of town and was loose and celebrating over breakfast tacos after a successful "Austin City Limits" taping and in anticipation of a heavy schedule of live showcases at the music conference.

They'd just learned they'd be joining Jack White for part of his tour and big opportunities seemed to be coming up every day.

THE ASSOCIATED PRESS

Mraz brings a new kinda love

Folk-pop. California singer breaks his heart open for new love-themed disc, on heels of multi-platinum performance

It's been nearly four years since Grammy-winning troubadour Jason Mraz released his multi-platinum album We Sing. We Dance. We Steal Things with its sunny ukulele-infused hit I'm Yours.

The California singer-songwriter says he had planned to tackle a follow-up to that disc at the end of 2010, and even had 40 or 50 new tunes written for it.

But one day he realized the tracks were "the work really of just clever songwriting" and didn't fit into his vision of a "love" concept album.

Mraz then told himself: "I need a little bit more experience in the world. I need to get out of my head and go break my heart open somehow," the socially conscious pop-folk artist recalled in a recent interview to promote his new album, Love is a Four Letter Word, out this week.

"So I started doing more volunteer work and I started travelling more and pushing myself," Mraz said about the transformative process.

Though love is the theme of the new album, it's about more than just courtship.

"It's compassion for others, compassion for oneself, it's loving unconditionally," said the soft-spoken Mraz, who's won two Grammys.

"There's a couple of baby-making jams on there but it's not all romantic love."

THE CANADIAN PRESS

Jason Mraz, known for feel-good, hippie hits like I'm Yours and The Remedy, just released his latest album Love Is a Four Letter Word.
CARLO ALLEGRI/THE ASSOCIATED PRESS

2

SCENE

Scene in brief

Beliebers will get new album on June 19

Have faith, Beliebers: Justin Bieber says his new album will be out June 19. Believe is Bieber's third full-length release and both prior albums — 2010's My World 2.0 and last year's Christmas disc Under the Mistletoe — opened at No. 1 on the Canadian charts en route to multi-platinum sales. Bieber revealed the news during an appearance on the reality singing competition The Voice on Tuesday night. The 18-year-old Bieber sparred awkwardly with judge Adam Levine before making the announcement, while also pledging to return for the NBC show's season finale in the coming weeks. He says he'll perform his new single, Boyfriend, then. The song has topped the charts in Canada. Host Carson Daly pressed Bieber on whether Believe could possibly be delayed, but the Stratford, Ont., native was firm in his response. "I'm positive. I'm not going to change the date," he said.

THE ASSOCIATED PRESS

On the web

Great geeks: Morgan Spurlock trains lens on cultural phenomenon of Comic-Con

Perry 'a lost soul right now'?

Katy Perry has been putting on a brave face in the wake of her split from Russell Brand, but sources claim the pop star is pining for her comic ex, according to Us Weekly.

"Katy's been trying to get him back. She's a lost soul right now," a source says. The sudden change was reportedly spurred on by a trip to India earlier this month, where Perry and Brand tied the knot in 2010.

"She'd already been missing Russell. Being back there stirred up even more old feelings."

But a rekindled romance isn't likely, the source warns. "Right now, Katy and Russell are trying to get to the point where they can at least be friends."

Sharon Osbourne

Osbourne has some harsh words for Cowell

Sharon Osbourne has a few not-so-nice words for former co-worker Simon Cowell, now that an unauthorized biography on the X Factor boss claims Osbourne quit the reality show because she was jealous of Cowell's alleged affair with fellow judge Danii Minogue.

"I left because I didn't like that girl. When it's not fun, you go," Osbourne insists on her talk-show, The Talk, in response to the story.

"I couldn't care if he was having sex with anything." But the outspoken Osbourne didn't leave it at that: "I think he is a victim of small penis syndrome," she adds. "You can't buy the goods."

Kunis and Kutcher just friends?

The reports of Mila Kunis and Ashton Kutcher dating on the sly are greatly exaggerated, at least according to People magazine's source — and reps for the former That 70s Show co-stars. And at their recent dinner together, the pair were reportedly joined by fellow former cast-members Laura Prepon and Wilmer Valderrama, with all four returning to Kutcher's new L.A. home afterward.

"They have been friends for years and met up for dinner with a group of friends," Kunis' rep insists. But the photographer who spotted them thinks otherwise: "This was definitely more than a dinner between friends," the photographer says.

"This was a full-on date."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Memorable movie experiences

THE WORD
Dorothy Robinson
scene@metronews.ca

The State Supreme Courthouse in lower Manhattan was bathed in light on Tuesday night as movie stars (Catherine Zeta-Jones, Michael Douglas, Robert De Niro, and Dakota Fanning to name just a few), business titans (Ronald Perelman), media mavens (Katie Couric, Charlie Rose, Jared Kushner), designers (Tory Burch, Donna Karan, and Rachel Roy) and Mayor Michael Bloomberg kicked off the 11th year of the Tribeca Film Festival at the uber-swank Vanity Fair party.

We asked these celebrities: What's the first film you remember seeing that had a major impact on you?

Katie Couric
"My mom took me to The Birds when I was five-years-old. I don't think she knew how gory it was. And I remember running up and down the aisles screaming. And maybe that explains a lot. A lot."

Jane Rosenthal (festival co-founder with Robert De Niro):
"Mary Poppins. She was like the first super-hero woman. She could do everything. She was magical. She seemed to do it all. And there's a little girl named Jane so I really liked that too. I can still sing all the lyrics, but I won't."

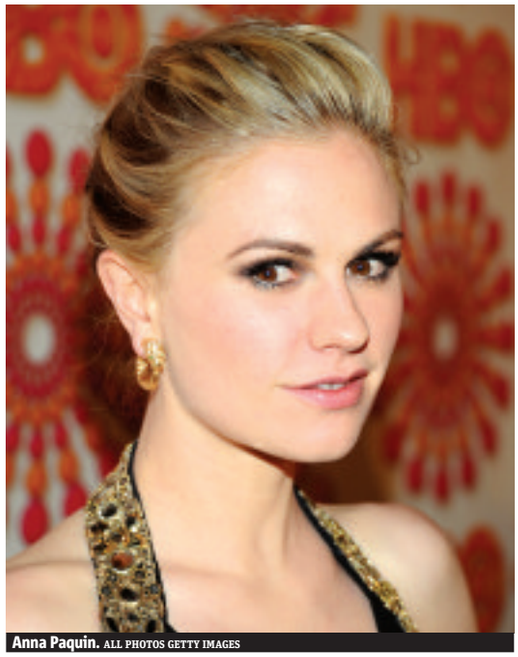
Bob Balaban:
"The 5000 Fingers of Dr. T. was a really big movie for me. It's a cult classic now. It was a fantasy. It was MGM in the early '50s. It was all about a little boy and his piano teacher and he falls asleep and has a dream in which they built a piano where they had however many children — 5,000 fingers playing the piano. It's pretty beautiful."

Tory Burch:
"I always loved To Catch a Thief, especially for the clothes. It inspired me as a designer. I thought that the style was amazing."

John Forté:
"I remember cutting class one day to see Conan the Barbarian. We snuck into the wrong theatre and ended up seeing Wall Street. My friends fell asleep but I was captivated. I came home and started asking my mom to see the business section of the newspaper so I could learn about commodities trading and about stocks and bonds and what the differences were and what yields were."

A Douglas moment

- Reporters called to couple Michael Douglas and Catherine Zeta-Jones (who looked ravishing in a one-shoulder gray sequined dress and Christian Louboutin heels) to come over but they wouldn't talk. "We talked all last night," said Douglas, referring to Monday night when he was honoured for his contributions to the theater at the 12th Annual Monte Cristo Awards.



Anna Paquin. ALL PHOTOS GETTY IMAGES

Paquin and Moyer expecting their own lil' vampire

True Blood co-stars Anna Paquin and Stephen Moyer are expecting their first child, a rep confirms to People magazine. The pair met on the HBO vampire series in 2007 and tied the knot in 2010 during a seaside ceremony in Malibu.

Shortly after they wed, Paquin had expressed hesitation about getting pregnant.

"I have trouble planning anything more than brunch with my friends," Paquin told Marie Clare at the time. "But when the time's right, we'll do it."

This is Oscar-winner Paquin's first child, while Moyer has a son and a daughter from previous relationships.

Demi resurfaces

Demi Moore made her first public appearance since her stint in rehab earlier this year, walking the red carpet for Lifetime's The Conversation with Amanda De Cadenet, for which Moore served as executive producer, according to Us Weekly.

The newly sober actress looks to be trying to get on with her life, starting with changing her Twitter handle, which is still "mrskutcher" even though her marriage to Ashton Kutcher is over.

"Time for a change, Twitter name change. Any suggestions?" Moore posted to her Twitter account this week. "Collecting all the suggestions! thank you, keep them coming."

Twitter

@themichaelcaine
You are only suppose to have a good time

@EMELIOTHEWAY
Wine making & farming weren't enough, so I HAD to throw in bread making too! 3 day ferment sourdough!

@goldiehawn
Yes! Ryder Russell Robinson just hit a home run first game!!!! Bases loaded! Proud Gogo and Gogi!

@eddieizzard
Just finished 3rd half marathon (barefoot). Feet still holding up well. Just had ice bath

Going out with a bang

Straight up. Rooney Mara's bangs in Girl With the Dragoon Tattoo were all over last month's fall 2012 runways. But does this polished look work in hot, sticky weather? We discuss

ROMINA MCGUINNESS
Metro World News in London

"Cutting in fringe is a great way to change up your look dramatically without chopping all your hair off," says hairstylist John Ruggiero from L.A., who has worked wonders on the locks of Elizabeth Olsen and Gisele Bündchen.

"It's a great summer look because it can keep your hair away from your face and still look chic," the guru adds. He talks us through how to keep bangs looking cool and fresh as the weather heats up.

1

Go bold

It's been a little while since Girl With the Dragon Tattoo hit theatres, but Rooney Mara's hair is just beginning to take off as a trend (as witnessed by all of the blunt cut bangs in last month's runway shows). Let's be honest, though; a major part of the appeal is her attitude. "The best way to pull off a really cool fringe like Rooney Mara's is to have that effortless confidence. I'm seeing a lot of different fringe styles right now — straight, wavy, long, short, super short — but it's all about figuring out which look works best for you and owning it."

2

Pick your products wisely

Yes, you want your hair to look great, but you don't want to cause forehead breakouts under there. "Always go for a product that is lightweight and that will protect your hair against heat and humidity. Something like Bumble and Bumble Straight Blow Dry cream will work best. And maybe add a light holding spray at the end," Ruggiero adds.

3

Maximize one cut

Turn the most annoying part about wearing bangs — the fast grow-out — into an opportunity to play around with your 'do.

"Cut your fringe really short and then let it grow out getting a trim every four to six weeks," he says. That way you can go super short one week, and longer and side-swept the next.

Behold, the look that started it all: Rooney Mara's razor-sharp, super-cropped bangs. GETTY IMAGES

Hair products to keep your fringe under control

1 Bumble and Bumble
Straight Blow Dry

$28, bumbleandbumble.com

2 Oribe
Imperméable Anti-Humidity Spray

$38, oribe.com

3 Frederic Fekkai
Smooth Sailing Anti-Frizz Cream

$25, fekkai.com

Three to compare

1 Short
Alexa Chung

Alexa's bangs aren't quite as blunt as Mara's, making for a more natural, undone look.

2 Longer
Jennifer Lawrence

Jennifer Lawrence's beachy fringe has that, "I've just come back from an island holiday," thing happening.

3 Longest
Rihanna

Rihanna nails the between-haircuts-sideswept 'do.

3 LIFE

Today's picks

Kenzo for Vans

Vans has churned out too many special editions of its classic Era shoe to count. Some of them have been really good. Others have just been, eh (pink Hello Kitty lace-ups, anyone?). But its latest collaboration with Kenzo achieves a rare perfect balance, basically creating a kind of prototype for what the skate shoe should be: colourful, a little off-beat and cool. The collection, designed by Humberto Leon and Carol Lim, features the same net graphic prints from their spring/summer '12 collection in seven different colorways. They're almost too cute to ollie in.
kenzo.com

The paisley tee

Raf Simons is a hot topic, now that he's been named the new creative director of Christian Dior. A graphic shirt from his critically acclaimed ss12 collection for Jil Sander is not only an on-trend update for your jeans and Tee combo (paisley is everywhere right now), but a cool investment for hardcore fashion collectors.

KENYA HUNT, METRO WORLD NEWS IN LONDON

On the Web

Designers from Edmonton, Toronto and Montreal among TFI New Labels finalists

Think Ottawa is boring? It's time to take a second look

Simplicity.
International furniture brand BoConcept looks to Canada for design inspiration

KARL LOHNES
For Metro

Ottawa Chair in leather, from $1,155.

Karim Rashid sits on the Ottawa Chair, part of his collection for Danish furniture brand BoConcept. ALL PHOTOS HANDOUT

"When I think of Ottawa, I see many geographical similarities to Denmark," says Canadian-born designer Karim Rashid.

"That's how my new collection called Ottawa came to fruition for the 60-year-old Danish-brand furnishings store BoConcept."

Rashid, who was schooled at Ottawa's Carleton University, launched a global furniture and accessory line with BoConcept stores this spring.

The upper-to-mid price range Ottawa collection was inspired by Rashid's love of nature, yet the look is far from rustic.

Its streamlined, simple forms and exquisite quality makes every piece an instant design collectable.

"People think that simple, modern furnishings are so easy to design and make and therefore it should have a low cost attached." he said.

Actually, the simpler the piece, the better quality materials and longer production time is needed to make sure everything is perfect.

"By embellishing furnishings with fabric skirting, studs, trims and bobbles, we can hide a not-so-perfect-form. We hide nothing in this collection and it works very well."

With three Canadian stores already established in Vancouver, Calgary and Toronto, and a Montreal location opening at the end of the year, the Danish retailer is imbedding its roots coast to coast while injecting pure Canadian style into its international brand.

Inspirations

Karim Rashid's Ottawa collection was inspired by nature, but the look is modern through and through.

- **Ottawa Chair.** While the chair's seat and back is factory molded for precise comfort, Rashid said the concept sprang from "a modern take on leaves and trees."
- **Sideboard.** Options include various inserts to change the accents from wood to bright colours. Rashid imagined it "like a tree house being supported by trees."

The designer's notable pink signature and thumbprint is like art for the floor. Thumbprint Rug, starting at $895.

Removing grease from napkins

Pre-treating is the key

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler,
In being more environmentally friendly, my family uses cloth napkins instead of paper. The problem is, though we regularly wash them, greasy food stains stick around. I've tried spot cleaning with Dawn liquid dish detergent, which often has good results, but it's a time-consuming job. Is there a better — and less time-consuming — way to remove grease stains?
Sally

Dear Sally,

Nice to hear you're teaching your family about their environmental footprint. I too use cloth napkins.

So how to clean these napkins? Unfortunately, each stain does need to be pre-treated.

A ph neutral soap, like what you're currently using, should be applied to each grease stain, let it sit then rinse with cold water. To really work that stain, try soaking the napkins overnight in a pail. You could also try commercial spot removers if regular soap is not doing the trick. It's important to remember if the stains are still on the napkins when you take them out of the washer, do not put them in the dryer until you re-treat the stain again. What goes into the dryer comes out the same way!

HAVE A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

Want to improve your environmental footprint? Start with cloth napkins. ISTOCK

Get the sweetest results every time with homemade treats

Maple Carrot Cakelets with Cream-Cheese-Maple Frosting

This recipe makes 12 cakelets. EMILY RICHARDS

DINNER EXPRESS
Emily Richards
food@metronews.ca

For an added bit of sweetness in these cakelets, use a wooden spoon handle to make a small hole in the centre of each one and fill it with some icing before spreading the top with icing.

1. In bowl, whisk flour, baking powder, cinnamon, nutmeg and baking soda; set aside.

2. In bowl, whisk maple syrup, sugar, eggs, butter and vanilla until smooth. Stir flour mix into maple syrup mix and stir to combine. Stir in carrots.

3. Scoop batter into 12 greased or lined muffin tins. Bake in centre of 350 F (180 C) oven for about 25 minutes or until cake tester inserted in centre comes out clean. Let cool completely.

4. Cream-Cheese-Maple Frosting: In bowl, beat cream cheese and maple syrup. Gradually add icing sugar and beat until fluffy and smooth. Spread each cakelet with frosting and sprinkle with sprinkles if desired.

EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 2 cups (500 mL) flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ½ tsp (2 mL) ground nutmeg
- ¼ tsp (1 mL) baking soda
- ¾ cup (175 mL) pure maple syrup
- ½ cup (125 mL) brown sugar
- 2 eggs
- ½ cup (125 mL) butter, melted
- ½ tsp (2 mL) vanilla extract
- 1 ½ cups (375 mL) grated raw carrots

Cream-Cheese-Maple Frosting

- 4 oz (125 g) light cream cheese
- 2 tbsp (25 mL) pure maple syrup
- 1 1/3 cups (325 mL) icing sugar

Cookbook of the Week

The Back In the Day Bakery Cookbook

Back in the Day Bakery is a Savannah, Ga., landmark. To celebrate its 10th anniversary, owners Cheryl and Griff Day have written a book filled with customers' favourites.

The book is packed with the couple's baking know-how and recipes for their Buttermilk Biscones, Old Fashioned Cupcakes, Chocolate Bread, Cinnamon Sticky Buns, S'more Pie, Drunk Blondies and more.

Full-colour photos of food and behind-the-scenes bakery shots give readers a glimpse into the sweet daily life at the bakeshop. METRO

Make drool-worthy popovers

This simple pastry — they resemble large, inflated muffins, but are hollow — comes together in almost no time and calls for just a handful of ingredients.

Even better, the batter can be made the night ahead. And because they're not too sweet, they'll work as breakfast treats as well.

1. Heat oven to 200 C (400 F). Coat a 1.5-l (6-cup) popover pan with cooking spray.

2. In blender, combine flour, milk, eggs, butter, sugar, salt and cardamom. Blend until very smooth batter is created, about 1 minute. Fill each prepared popover pan cup about halfway with batter. The remainder can be baked as a second batch or refrigerated for up to 24 hours.

3. Bake 30 mins. Remove popovers from pan and use knife to cut small hole in top of each for steam to escape. Let cool.

4. Filling: In bowl, gently stir mascarpone, honey, lemon juice and zest, and cinnamon. When popovers have cooled enough to handle, carefully tear opening in each just enough to be able to spoon in about 50 ml (1/4 cup) of the filling. Serve each with sliced strawberries or other fresh berries. THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (EMILYRICHARDSCOOKS.CA)

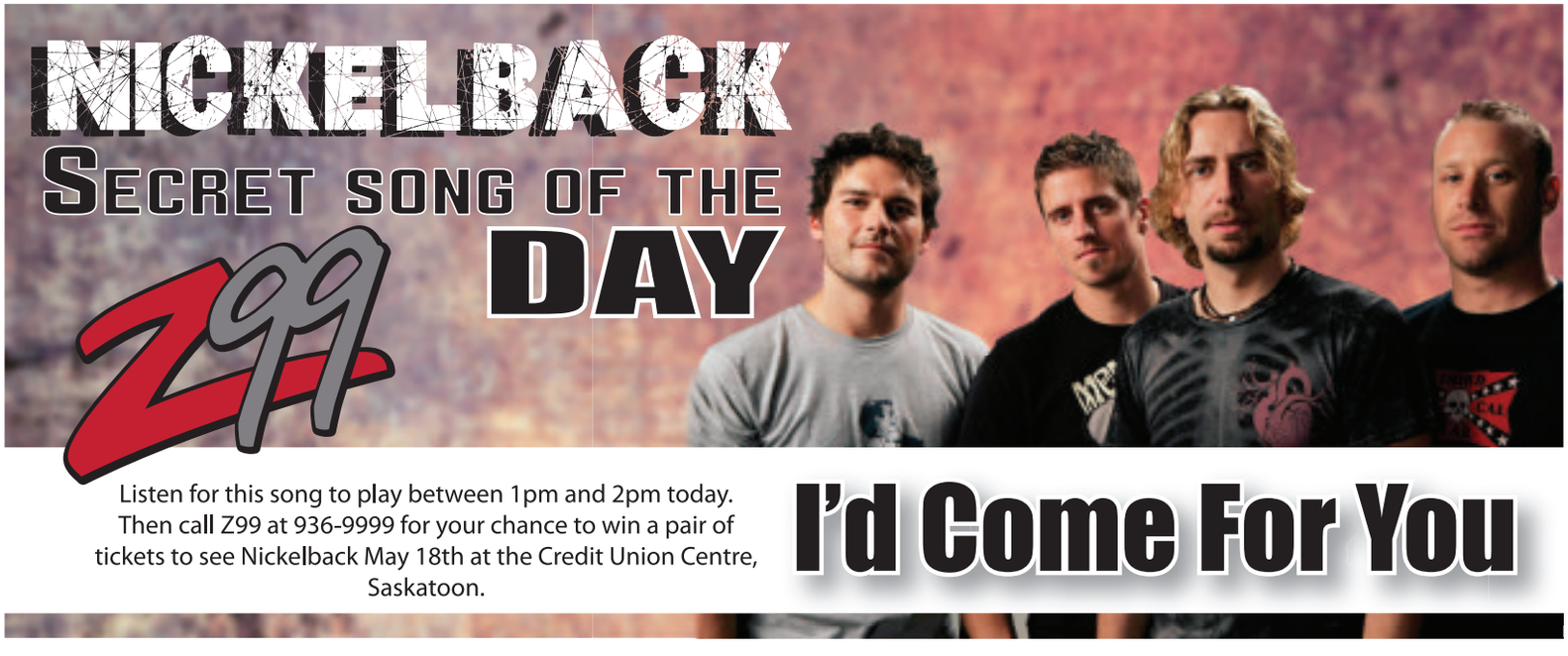
Ingredients

Popovers

- 500 ml (2 cups) all-purpose flour
- 500 ml (2 cups) milk
- 4 large eggs
- 30 ml (2 tbsp) butter, melted
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground cardamom

Filling

- 2 tubs (each 250 g/8 oz) mascarpone
- 30 ml (2 tbsp) honey
- Juice and zest of 1 lemon
- 10 ml (2 tsp) cinnamon
- Sliced strawberries or other fresh berries, to serve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- Olay Silk Whimsy Moisturizing Body Wash
- Rub A535 Ultra Strength No Odour Topical Analgesic Cream
- Soft Soap Deep Cleansing Sea Mineral Hand Soap
- Degree Men Adrenaline Everest Deodorant
- Secret Natural Mineral Deodorant
- CoverGirl Lashblast Fusion Mascara
- Maybelline Fit Me Foundation
- Nair Ultra Precision Face & Eyebrow Rollon Wax
- CanesOral combi-pak
- Trojan Bareskin 10's
- Gillette Fusion ProGlide Shave Prep
- Burt's Bees Tinted Lip Balm
- Oral B ProHealth For Me CrossAction Toothbrush
- Gravol MultiSymptom Tablets: Ginger And Willow Bark
- Nice 'n Easy Colour Blend Foam
- Nivea Pure & Natural Cleansing Lotion

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- Kraft Mozzacheddar Light Shredded Cheese
- Dr. Oetker Panebello Bakery Crust Pizza
- Maple Leaf Natural Selections Meat
- Dempster's WholeGrains Canadian Century Grains
- Stride Spark Gum
- Smucker's Simple Blends Fruit Spread
- Del Monte Refrigerated Blueberries Snack Cup
- Nutrigrain Superfruit Flavours
- Minute Maid Heart Wise
- Werther's Original Caramel Chocolates
- Astro Original Greek Yogourt
- Bick's 50% Less Salt Pickles
- Lipton Herbal Pyramids Tea
- High Liner Market Cuts
- Silk True Almond Dark Chocolate Beverage
- Great Grains Cereal
- Campbell's Light Cream Of Mushroom Soup
- Molson Canadian 67 Sublime
- Smirnoff Coconut Vodka

BEST HOUSEHOLD PRODUCTS

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- **Mr. Clean Magic Eraser Bath Scrubber**
- Whiskas Reclosable Wet Food Trays
- Febreze Set & Refresh Air Freshener
- Dawn Destinations New Zealand Springs Scent
- Oxi Clean Max Force Power Paks Stain Remover
- Tide Free For Cold Water
- Glad Compostable Bags With Odour Guard
- Charmin Ultra Soft

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"Convenient to toss one in my washer when I have very dirty clothing like gardening clothes." **– Judy F.**

"With two young kids, I'm always battling challenging stains like food, mud and grass. With OxiClean Power Paks, most stains are totally gone after the first wash – and no more dingy-looking clothes!" **– Grace C.**

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"It's great to take a single Gravol Multi-symptom Tablet and get relief for all my symptoms. The bonus is once I feel better, I can get out and get going because there are no drowsy side effects." **– Karen L.**

"It is non-drowsy. That is why it is constantly used in my household." **– Joanne H.**

"I like that it uses ginger–a natural way to solve the health issue involved!" **– Rhonda B.**

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"As it says on the product it's thinner than what we are usually used to. It feels almost like "wearing" nothing." **– Katie M.**

"Both my partner and I love this product. It's very comfortable and natural-feeling." **– Tania H.**

"So thin you almost feel like you're not wearing one." **– Steve D.**

"All the old complaints we've had about condoms don't apply to these ones! They feel very natural." **– Michael W.**

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"Finally I can apply an analgesic cream without all the unpleasant "extras"! Rub A535 Ultra Strength No Odour doesn't smell, stain, heat up or feel cool. It just works! Almost immediately, I can feel the relief deep in my muscles."
– George H.

"Fast acting, no odour. Works immediately. Best of it is that it is a great pain reliever." **– Bev B.**

"I have arthritis, and this is a product I've known and trusted for years." **– Lori W.**

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This product's unique ultra precise roll-on applicator is **derived from professional techniques** to smoothly follow the curves of the face for precise yet gentle hair removal. This wax is **100% rinseable**, and provides long lasting results.

"I used to regularly visit my salon for eyebrow waxing. Now with Nair Ultra Precision Roll-on hair removal, I get the same great results at home, saving me time and money!"
– Elizabeth H.

"It does the job – and is long lasting. Plus, love the roll on!" **– Dawn F.**

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4 SPORTS

CFL

All scoring plays subject to video review

The CFL announced Wednesday that the league's board of governors has unanimously approved a rule change that will see all scoring plays subject to video review. Replay officials will now have the power to review all touchdowns, field goals, converts, singles and safeties.The league's rules committee tabled the proposal last month at the CFL congress. The CFL has used video review for the last six seasons.The board of governors also approved two rules that specifically address the safety of players whose helmets come off during play: If a ball carrier's helmet comes off, the play will now be blown dead immediately. The line of scrimmage for the next play will be where the player's helmet came off. If a non-ball carrier's helmet comes off, that player can no longer participate in the play. If he does, the player will be penalized 10 yards for illegal participation. If a player hits an opposing player who isn't participating because he lost his helmet, he will be penalized 15 yards for unnecessary roughness.
THE CANADIAN PRESS

On the web

The Indianapolis Colts say they know who they'll select at No. 1 in the NFL draft and it will almost certainly be Peyton Manning's successor. But which top QB they'll take with the pivotal pick remains a closely-guarded Colts secret. Scan the code for the story.

Predators

Busy nights in goal for Pekka Rinne

The break in the schedule is giving Predators goaltender Pekka Rinne a little rest. Now his teammates want to give him a chance to catch his breath against the Detroit Red Wings.

Thanks to Rinne stopping 35 or more shots in each win, Nashville is up 3-1 in pushing the Red Wings to the brink of elimination in their first-round Western Conference series.
THE ASSOCIATED PRESS

Olympic soccer

Beckham still vying for roster spot

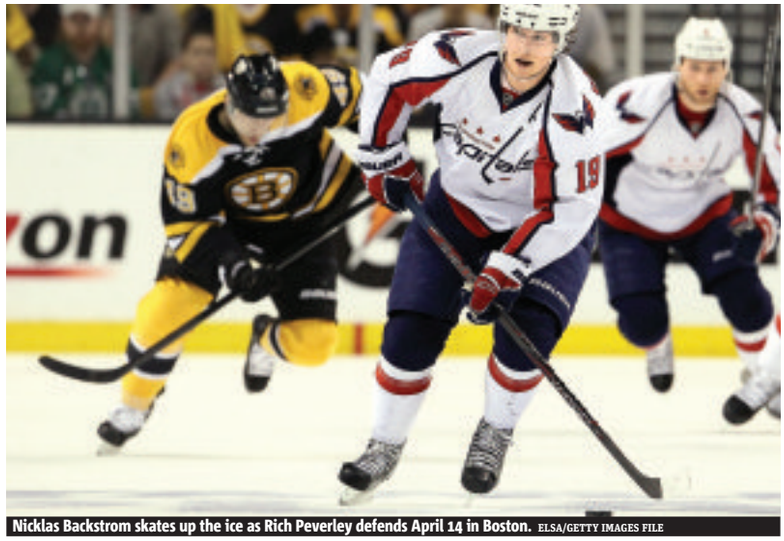
David Beckham remains in contention for Britain's Olympic football team after surviving the latest cut in the squad.

Manager Stuart Pearce has slashed his long list of 191 players down to 80 since January as he prepares Britain's first Olympic football team since 1960. The 18-man squad is expected to be named by June.

Beckham, who will turn 37 next month, would be one of three over-age players allowed to feature in the squad if he is selected. He has expressed a desire to play at the London Games with his career in the England team effectively over.
THE ASSOCIATED PRESS

Capitals disagree with NHL ruling

NHL. Nicklas Backstrom suspended for one game


Nicklas Backstrom skates up the ice as Rich Peverley defends April 14 in Boston. ELSA/GETTY IMAGES FILE

Alex Ovechkin shrugged his shoulders while offering his take on the suspension that will keep centre Nicklas Backstrom out of Washington's lineup Thursday for Game 4 of its NHL playoff series against Boston.

"Sometimes you think it's (the) right decision. Sometimes it's not. Sometimes you want to laugh," the two-time league MVP and Capitals captain said. "So right now, I think it's kind of (a) bad decision. But there is nothing you can do."

Trailing the defending Stanley Cup champion Bruins 2-1 heading into a game the Capitals "have to win," to use Ovechkin's phrase, seventh-seeded Washington set about trying to win the off-ice word games Wednesday.

There was the front office's statement that it doesn't understand the league's punishment of Backstrom. There were forward Jason Chimera's declarations that Washington's players aren't wimps, that Boston embellishes fouls, and that Bruins goalie Tim Thomas should have been banned for a game for using his blocker to hit Backstrom in the face in Game 2. And there were coach Dale Hunter's criticism of the officiating and a reference to his earlier charge that the Bruins targeted the head of Backstrom, who returned to the lineup March 31 after missing 40 games because of a concussion.

Then again, the strongest statements of all came from Boston coach Claude Julien, who was asked to respond to Hunter's comments.

"That doesn't make sense. I don't know any coach that would tell his team to go after somebody's head," Julien said. "It's ludicrous; it's ridiculous. OK?" THE ASSOCIATED PRESS

Backstrom

Backstrom acknowledged his cross-check of Rich Peverley at the end of Boston's 4-3 win in Game 3 on Monday "was stupid on my part, and I've got to deal with it now."

Coyotes-Blackhawks

Torres in hot water for Hossa hit

It's hard to imagine there's much Phoenix Coyotes winger Raffi Torres can say to avoid being handed a significant suspension after sending Chicago's Marian Hossa to hospital with a devastating hit on Tuesday night. The hit came in the first period of Game 3 after Hossa had passed the puck.

More than half a second later, Torres launched himself and caught Hossa in the head with the bodycheck. THE CANADIAN PRESS

Quoted

"Nobody wants to see that."

NHL commissioner Gary Bettman's reaction to the hit on Hossa after watching the game in Chicago. Hossa was taken from the ice on a stretcher and released from hospital a couple of hours later with "encouraging results," according to the Blackhawks. No specific details of his injury or a timetable for the recovery have been provided.

A history of head shots

NAM Y. HUH/THE ASSSOCIATED PRESS

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Past offender

Torres has a bit of a reputation

The biggest thing likely to work against him during the discipline process is his history: Torres was suspended four games in April 2011 for an illegal hit on Edmonton's Jordan Eberle; he was fined $2,500 US on Dec. 29 for elbowing Colorado's Jan Hejda; and he was banned two games Dec. 31 for an illegal hit on Minnesota's Nate Prosser.

Those don't include the hit on **Chicago defenceman Brent Seabrook** in last year's playoffs that went unpunished by the league.

Suspended

5+?

Torres has been summoned for an in-person hearing on Friday at the league's New York office, an indication he could receive a ban lasting longer than five games. In the meantime, Torres is suspended indefinitely and will sit out Game 4 on Thursday.
THE CANADIAN PRESS

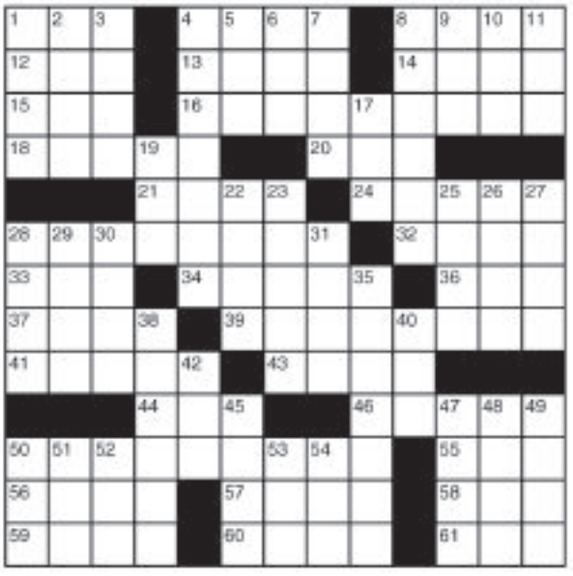
Crossword

Across

1 Upper limit
4 Little demons
8 Be in charge of
12 Coloration
13 Appearance
14 Shrek, for one
15 Refuge craft
16 Erich Segal novel
18 Hymn of praise
20 Bankroll
21 Nuisance
24 Veranda
28 Furniture for two
32 Mediterranean strip
33 — out a living
34 Dieter's entree
36 Forefront
37 Broadcasts
39 Small parrot
41 Skewered meal
43 Pleasant
44 To and —
46 Jockey's handful
50 Tomato
55 Siesta
56 Satan's field
57 Genealogy chart
58 Bookkeeper (Abbr.)
59 On the tainted side
60 Fax
61 Fix a cuff

Down

1 Bloke
2 Emanation
3 Lap dog, for short
4 Doctor's concern
5 Cattle call?
6 Angle (Abbr.)
7 Distort
8 Frank
9 Id counterpart
10 Timetable abbr.
11 Susan of "L.A. Law"
17 Easy mark
19 Mimic
22 Caulk
23 Claw
25 Sitarist Shankar
26 Autocrat
27 Full house, e.g.
28 Secrecy thwarter
29 Tom Joad type
30 Hit or miss?
31 "Rikki-Tikki- —"
35 Issued a fiat
38 Without risk
40 Spell-down
42 Support system?
45 Makes a decision
47 Part of the foot?
48 Scruff
49 Unwanted e-mail
50 Journey segment



51 Eggs
52 Energy
53 Ante-
54 Writer Deighton

Sudoku

1					2	8	6	
	9			6		5	2	
2			1					3
				1			3	5
		7				9		
9	4			7				
4					6			9
	6	3		4			5	
	8	9	7					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	5	2	1	4	7	3	6	9
9	3	7	2	6	5	4	8	1
1	4	6	9	3	8	2	7	5
3	2	5	4	8	6	1	9	7
4	6	1	5	7	9	8	3	2
7	8	9	3	1	2	5	4	6
2	7	4	6	5	3	9	1	8
5	1	8	7	9	4	6	2	3
6	9	3	8	2	1	7	5	4

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

C K G B X Z J M R A Z W G C A N U

W N B X M Q E M W Y M Q L R T A M

J N Z Q E G F - J Z D W B Z Y T N D A N Y :

" A E N K G F Z Y U M C L Z Q L ."

Yesterday's Cryptoquip: IF THE KING OF HUMPBACKS HAD A MALE OFFSPRING, WOULD HE BE CALLED THE PRINCE OF WHALES?

Today's Cryptoquip Clue: O equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. No matter how much of a hard time others give you today, you must not rise to the bait.

Taurus | April 21 - May 21. As the Sun moves into your birth sign today, your expectations are sure to be high but don't try to do everything at once.

Gemini | May 22 - June 20. You may find it difficult to take a certain person seriously but the planets indicate he or she has something important to teach you.

Cancer | June 21 - July 22. Speed is of the essence so don't waste time thinking about what you intend to do, just do it.

Leo | July 23 - Aug. 22. The Sun crosses the career angle of your chart, making you even more active and ambitious than usual.

Virgo | Aug. 23 - Sept. 22. You've been too intense, but now the Sun is moving into one of the more easygoing areas of your chart. You can start smiling again.

Libra | Sept. 23 - Oct. 22. Partners and loved ones will be rather demanding today and money worries may be a problem too.

Scorpio | Oct. 23 - Nov. 21. The Sun's move into your opposite sign may make it seem as if others have the upper hand but they don't. You're still the boss.

Sagittarius | Nov. 22 - Dec. 21. Assert your authority and make sure friends and rivals alike are aware that you are not going soft in your old age.

Capricorn | Dec. 22 - Jan 20. The Sun moves into the most dynamic area of your chart today and over the next four weeks you must go all out to realize your ambitions.

Aquarius | Jan. 21 - Feb 18. It doesn't matter what you start so long as you start something. A good place to begin would be your home.

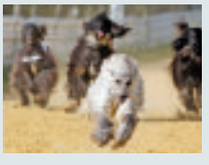
Pisces | Feb. 19 - March 20. If what you're working on fails to inspire you then ditch it — and find your real passion. SALLY BROMPTON

Caption Contest

"Lift...lift..."
John

TRAVIS MORISSE, THE HUTCHINSON NEWS/ THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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